

WINGSPREAD

Clark takes command of wing

By Bob Hieronymus
Wingspread staff writer

Col. Richard Clark officially took command of the 12th Flying Training Wing from Col. John Hesterman in a ceremony Jan. 20 in Washington Circle.

Maj. Gen. Marc Rogers, 19th Air Force commander, presided at the ceremony.

He received the wing flag, symbolizing the entire wing, its people and its mission, from Colonel Hesterman and passed it to Colonel Clark as the new commander.

Colonel Clark is “a smart guy, top notch aviator, combat tested and no stranger to command,” General Rogers said. “He’s the right man for the job.”

After accepting command of the wing, the former 12th FTW vice wing commander, expressed his sincere appreciation to Colonel Hesterman, other base leaders and the men and women of the wing for their support.

“This is a good time to be on Randolph,” Colonel Clark said. “I am most excited to be here. We’ll continue to move down the path of mission fulfillment, the path of excellence. And we’ll have fun doing it.”

The colonel spoke of the legacy left by the outgoing commander. He said



Col. Richard Clark (right), new 12th Flying Training Wing commander, receives the guidon Jan. 20 from Gen. Marc Rogers, 19th Air Force commander. (Photo by Richard McFadden)

Colonel Hesterman told him he was leaving the wing in good hands.

“Actually, you’re leaving me in good hands,” he said, “the good hands of the men and women of the wing. I’m honored that I get to serve as your

commander.”

Colonel Clark is a graduate of the Air Force Academy and has master’s degrees in human resource development, strategic studies, airpower studies and national security studies.

He is a command pilot with more than 4,000 flying hours, primarily in the B-1 Lancer bomber, but also in the EC-135, KC-135, T-1 and T-38. He holds the Distinguished Flying Cross and Bronze Star with Valor, earned while deployed in support of Operation Iraqi Freedom.

As the former vice commander of the wing, Colonel Clark helped see the wing through several major construction projects in the second half of 2005, including the rebuilding of Harmon Drive and main gate area, which is near completion with the new visitor reception center and commercial vehicle inspection expected to be open next month; and construction of the new fitness center and renovation of the base commissary, both proceeding on schedule.

The colonel was also on hand for the operational readiness inspection in September when the wing earned an “Excellent” rating and supported presidential visits to Randolph in September and January.

Four of the wing’s aircraft lined the circle during the change of command: a T-38C, T-1A, T-37B and T-6A. The only plane from the wing’s fleet missing was the T-43, because it is too big to be towed through the streets of the base.

Serving it up



Karen Marion of the Randolph Dining Facility dishes freshly steamed broccoli into a serving tray during the lunch meal Monday. The facility garnered the title of Air Education and Training Command’s Best Small Dining Facility recently and is now competing for the Hennessy Award as the best dining facility in the Air Force. For more photos, see page 16. (Photo by Staff Sgt. Lindsey Maurice)

12th Flying Training Wing Training Status

Pilot Instructor Training As of Monday			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO		T-1A	3299.4	3255.0	10,725
99th FTS	-5.0	0.5	USAF	239	OPS	23	International	4	T-6A	5200.0	5184.6	17,196
558th FTS	-10.3	-0.7	Navy	42	Advanced EW	26	EW Course	15	T-37B	1487.5	1477.4	5,796
559th FTS	-4.1	-0.1	International	3	Integration	25	Intro to EW	0	T-38C	2790.0	2908.6	9,937
560th FTS	-5.2	1.1	Total in Training	284		74		19	T-43	1220.6	1146.5	3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.						The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.			

AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 119 Team Randolph members are deployed in support of military operations around the globe

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314

“PROTECT YOUR WINGMAN”

DUI...
It's a crime not a mistake

Team Randolph's
last DUI was
August 2, 2005

Grooming Airmen for success

By Chief Master Sgt. James B. Erwin
407th Expeditionary Security Forces Squadron

ALI BASE, Iraq (AFPN) – What does taking care of your troops mean to you? Does it mean giving in to every want, concern or need?

To me, it means to give the troop everything he or she needs to be successful. After all, they are the Airmen who will replace today's leaders, and we owe it to them to make sure they are prepared. Troops need education, discipline, opportunities and role models.

Education is important to our young and upcoming Airmen. In some ways, they are already smarter than us. Don't believe me? Grab a young Airman and a VCR, IPOD and computer and find out who gets at least two out of three working first.

Our Airmen need mentors to be competent and confident in their duties and the lifestyle of the Air Force. The philosophy I have been brought up with is to get qualified and/or certified on your duties first and then knock out your career development courses. These simple actions make new Airmen a valuable member of the team -- a member who can be relied on to complete any task or assignment they are given.

Challenge Airmen with the opportunity of off-duty education after they are duty-qualified and have proven themselves competent. This will not only benefit the Air Force but will make the Airmen more productive because they are doing something for themselves. With formal education, their thinking becomes clearer and their ability to communicate is enhanced, often times reducing the workload of the supervisor. I don't mean do the supervisor's work. Even if they make a career out of the Air Force, at some point they will need to

close that chapter in their life and walk into the civilian world. What a great feeling it is to know you've helped them along the way.

Troops also need discipline. When most people hear the word discipline they immediately think of the old sergeant chewing out a troop or Airman Smith standing in front of the commander's desk receiving some form of administrative action. Unfortunately, there are times when these things are necessary and these actions aren't taken lightly. These actions can often be avoided if supervisors are actively engaged with their troops and encourage conduct that warrants rewards instead of punishment.

The side of discipline that goes unnoticed is the reinforcement or reward side. It doesn't take a lot of time to give a deserving Airman a pat on the back, type a quick thank you note or letter of appreciation, or say

to do. Give them the opportunity to succeed. Even if they fail, they should have learned something that makes them a little smarter and little more prepared for the next time. No leader or supervisor has gotten where they are by being perfect.

Education, discipline and opportunities are all important, but to make sure Airmen understand the path, they need a map. They need role models. Often the role model is the immediate supervisor or trainer, but this is only the tip of the iceberg. Granted, supervisors may spend more time with the individual, but anyone who has more rank or time in the service automatically becomes a role model, and that's not always the best thing.

Positive role models are vital not only for the Air Force to complete its mission but to set the tone of what is expected from troops as they grow into the Air Force family. Supervisors and

leaders need to set a positive example because the higher we move up the chain of command the more we are looked at.

United States
Air Forces Europe
Command Chief

Master Sgt. Gary Coleman told a group of new chief master sergeant selects: "Welcome to the top 1 percent. You are now living in a fish bowl. People will be watching you just to see what you do. They don't mean to but they do. Because of the stripes you wear, you are the 'know all' of everything in the Air Force, and what you say and do will be considered gospel to some."

In a nutshell, there are good role models and bad ones; both can be positive learning experiences for the new Airman. They learn what not to do from the bad role models, and from the good ones they learn to do what is right.

So, what does taking care of your troops mean to you?

“Experience is the best teacher; troops learn what to do and what not to do. Give them the opportunity to succeed. Even if they fail, they should have learned something that makes them a little smarter and little more prepared for the next time.”

thanks for a job well done in front of their peers and supervisors. Little things, such as these are money in the bank for the leader who recognizes the individual's efforts and sets a marvelous example for the Air Force.

As Airmen grow they need opportunities to enhance their skills. They need to be allowed to stumble, but not fall. Some experiences are best learned from failure and serve as a test of character. This is a fine line that supervisors need to monitor. Supervisors do not necessarily have to be right over the shoulder, but close enough to step in if things start to go off course or situations move too fast for the troop.

Experience is the best teacher; troops learn what to do and what not

Congratulations Retirees

Today
Senior Master Sgt. Christopher Burch
Air Education and Training Command

Today
Master Sgt. C Stoker
12th Flying Training Wing

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

AF Task Force 1041 takes fight to enemy

Col. Brad Spacy
U.S. Air Force Headquarters
Security Forces and Force Protection

WASHINGTON – In the early morning hours of Jan. 1, 2005, the first combat patrols of Operation Desert Safeside left the northern perimeter of Balad Air Base, Iraq, and began an aggressive 60-day combat operation to kill or capture insurgents attacking the air base. This was a historic mission for Air Force security forces. It was bold, put Airmen at risk and the stakes were high. We knew the results of Operations Desert Safeside would have far-reaching implications on the future of Air Force security forces as a credible ground combat force.

Operation Desert Safeside was carried out by the men and women of Task Force 1041. Specially built around a squadron of the 820th Security Forces Group, TF 1041 was led by a young security forces lieutenant colonel named Chris Bargery, chosen for his reputation as an innovative combat leader. TF 1041’s designated area of operations was one of the most violent areas in the region, roughly 10 kilometers wide and 6 deep, from the Balad perimeter fence to the Tigris River.

Throughout January and February 2005, Colonel Bargery led the men and women of TF 1041 in more than 500 combat missions that included raids, ambushes, and sniper operations aimed at taking back the initiative enjoyed by

“In combat operations in Afghanistan and Iraq our bases are not always in the rear and the enemy has attacked us from all sides with relative impunity, just like at Balad AB. The world in which we conduct Air Force operations is changing, and we need to adapt.”

the enemy for more than two years.

TF 1041 did not disappoint. In just 60 days they captured 17 high value targets, eight major weapons caches, 98 other insurgents and reduced enemy attacks from their area of operations to nearly zero. And although TF 1041 endured numerous firefights, improvised explosive devices and indirect fire attacks, they sustained no injuries. Operation Desert Safeside was by all accounts an overwhelming success.

However, TF 1041’s success on the battlefield had a larger effect than its immediate impact on the areas around Balad AB. TF 1041 also showed the world that Air Force security forces are an exceptionally capable ground combat force. This is a key point as security forces transform from a Cold War industrial security force to a relevant ground combat force for the joint warfight in the 21st Century.

Although security forces have claimed the base defense mission since the 1960s, it has always been considered an Army responsibility. In 1985, this was formalized when the Army became officially responsible for

defense “outside the wire” of a fixed base. It was an unwritten understanding that Air Force security forces would stay inside the base perimeter. This looked fine on paper, but faced numerous challenges in application, which endured through the Cold War and into the 1990s.

During Operation Desert Storm, the lines of battle were fairly well-defined with major combat at the “front” and air bases supposedly tucked safely in the rear area. The first widely publicized indications that the enemy was changing tactics was seen during the attack on Khobar Towers, but the full impact of these changes wasn’t fully exposed until Operations Enduring Freedom and Iraqi Freedom.

In combat operations in Afghanistan and Iraq our bases are not always in the rear and the enemy has attacked us from all sides with relative impunity, just like at Balad AB. The world in which we conduct Air Force operations is changing, and we need to adapt.

Early last year, when previous Air Force/Army agreements were dissolved, the Air Force was left with a tough problem; while security forces

are eager to fight outside the wire, most are untested in the combat environment experienced by TF 1041. This situation is exacerbated by the fact that security forces are spread thin conducting security missions and other tasks throughout the theater. This is where Security Forces Transformation comes in.

Security Forces Transformation will help the Air Force deliberately embrace the air base defense mission by addressing requirements in all areas, from doctrine to training and equipping, and even leadership preparation. Security Forces Transformation will also re-tool the organizational structure to ensure we have the number of troops available to take the fight to the enemy outside the wire. However, air base defense is a tough mission, and security forces can’t do it alone. Effective air base defense requires an integrated approach.

The Air Force needs to truly embrace the “every Airman is a warrior” culture and enlist the whole force in defending an air base much like Sailors do an aircraft carrier in the Navy. All Airmen must be trained and equipped to man “battle stations,” and leaders must prepare to lead them in the ground fight. Security forces might be the ones outside the wire, but the whole Air Force team must be ready to respond when called upon. This is the reality of the world today.

(For a complete story on security forces career field transformation, see page 5.)

NEWS

Global Hawks aid in global war on terrorism

By Capt. Bob Everdeen
Aeronautical Systems Center Public Affairs Office

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFPN) – The first of two production Global Hawk unmanned aerial vehicles began flying missions in support of the global war on terrorism within hours of arriving in theater earlier this month.

The aircraft managed by the Aeronautical Systems Center’s Global Hawk Systems Group here are part of the 12th Expeditionary Reconnaissance Squadron at a forward-base overseas. The two UAVs are named AF-4 and AF-5.

Just 36 hours after arriving on station, AF-5 flew its first combat sortie, which lasted nearly 24 hours. During this initial aerial reconnaissance flight, the Global Hawk’s new production integrated sensor suite performed flawlessly, booting up in half the time of the advanced concept technology demonstration sensor, officials said.

AF-4’s arrival at its new “home” was delayed a day due to bad weather along its flight route. But it landed safely on Jan. 12.

“We are extremely excited to have these two aircraft in the hands of our warfighters,” said Randy Brown, Global Hawk Systems Group director. “This is a major milestone in the program and one that is historical for the future of Air Force reconnaissance. There have



A Global Hawk taxis down the runway after landing at a desert base in Southwest Asia. The unmanned aerial vehicle is the Air Force’s second deployed production Global Hawk. The two UAVs are the first production models deployed. Previous Global Hawks were prototypes or test models. (Photo by Tech. Sgt. Mike Hammond)

been a number of improvements to the program, and I’m very proud of the work that everyone here has done to make this a reality.”

While still in the advanced concept technology demonstration stage, Global Hawk delivered more than 15,000 images to Air Force and joint warfighting commanders and flew more than 5,000 combat hours in the global war on terrorism. Even with these successes, there have been recent challenges with the aircraft.

In October, AF-4 diverted to an alternate location because it lost satellite communication during a sortie. Once the problem was identified, fixed and tested, the aircraft was sent back up and has since

performed flawlessly, officials said.

“Even with the Satcom problem, the Global Hawk’s software flew exactly like it was supposed to on the diversion,” Mr. Brown said. “It recognized the problem, changed course and landed fine at its alternate location. There are many redundancies on these aircraft that enable them to be programmed for missions, and then sent on their way.”

Global Hawks were deployed after the terrorist attacks of Sept. 11, 2001. Since then, prototype aircraft have flown nearly continuous combat missions in support of global war on terrorism, logging more than 233 missions and a combined 8,000 flight hours.

Reserve seeks lieutenants

Officers facing force-shaping actions can wear uniform part time in Reserve units or as IMAs

By 1st Lt. Martha L. Petersante-Gioia
66th Air Base Wing Public Affairs

HANSCOM AIR FORCE BASE, Mass. – "One weekend a month, two weeks a year." Everyone has heard this catch phrase repeated on television commercials over the years, but for those facing the Air Force's force shaping initiative, it may soon become a reality. Joining the Reserve is just one of many options open to those lieutenants affected by force shaping.

The first step for personnel interested in joining the Air Force Reserve is to schedule a meeting with a reserve recruiter. The Air Force Reserve offers a variety of opportunities, said Master Sgt. Wanda Murray, Hanscom Air Force Reserve recruiter. "The Reserve offers two types of programs: Unit and Individual Mobilization Augmentee," she said.

In order for military members to join, she said, they first must qualify. Materials needed include the last three Officer Performance Reports, a resumé, medical records and a physical fitness score.

Military members' medical records must be reviewed because some medical conditions may disqualify people for the Air Force Reserve, Sergeant Murray said.

If the service member qualifies, he or she must decide which option to pursue.

The unit option allows servicemembers to select a specific location for assignment. This is a good option for those who know exactly where they want to live, Sergeant Murray said. "The unit option also will allow personnel to be assigned to both Reserve and active-duty bases."

Another benefit of selecting the unit option is that jobs are readily advertised. However, Sergeant Murray said that being an IMA may allow more flexibility. "Those assigned to a unit often work in a traditional Reserve role, one weekend a month, two weeks a year," she said.

"IMA's don't have that set drill schedule. They work out training and work schedules with their active-duty supervisor. Many units require IMAs to work at least once a quarter.

"The IMA option is designed for those with prior active-

duty service under their belts," Sergeant Murray said. "It is a bit more difficult to find a job, as many are not openly advertised."

Another important skill critical to IMAs is administrative know-how due to the lack of administrative support. "You have to file all your own paper work, such as applying for orders, travel vouchers and tracking your training requirements," Sergeant Murray said.

For those with family or active-duty spouses, the IMA option allows for easy moves and flexibility between stations. "For example," she said, "there are IMA positions in Germany, and other overseas locations."

Sergeant Murray encourages those affected by force shaping to contact a Reserve recruiter early.

"I noticed a marked increase in personnel interested in applying to the Reserve," she said. "For those interested in the IMA option, the process can take up to two or three months to find a job opening, apply for the position and find out if you are hired."

A major difference that may allow some servicemembers to continue serving on active-duty is an option to volunteer for active-duty assignments worldwide.

"Reservists can volunteer to work more than the minimal days required by drill, serving the time on active-duty," she said. "For example a reservist based out of Westover can search the database, view the rank and job requirements for a specific job and then apply for the active-duty orders; you could apply for a job at Langley Air Force Base, Va., and work there on active duty.

This is available to both the officer and enlisted corps."

Transferring within the Unit and IMA program is convenient for the member. In the IMA program, the member must simply find another unit to work for by calling the area they are going to be moving to. In the Unit program, the Air Force Reserve has personnel designed to assist with transfers.

For those who want the traditional reservist route but still want to work in the military environment every day, the Reserve also is home to a number of civilian jobs, the sergeant said. These jobs are only available to members of the Air Force Reserve, and are designed to maintain continuity within reserve units. A listing of current job opportunities is at www.usajobs.opm.gov.

Resources about employment opportunities, news and resources for employers are available at: www.afrc.af.mil.



LEAD deadline fast approaching

Airmen looking for opportunities to enter the commissioned ranks can apply for the 2006 Leaders Encouraging Airmen Development program until Jan. 31.

LEAD is a program that allows commanders to nominate highly qualified Airmen for direct entry to the Air Force Academy or Preparatory School with the intention of an Air Force Academy appointment to follow.

Every year, appointments at the Academy and the Prep School are set aside specifically for Airmen.

Currently, there are 85 vacancies at the Air Force Academy and 50 vacancies at the Air Force Academy Prep School for Airmen who meet admission criteria for the 2006/2007 school year.

To be eligible, Airmen must be under the age of 22 as of July 1 of the year they enter the prep school, or under the age of 23 to apply for direct entry to the Academy. Both options are limited to those with less than six years of service. The deadline for completing the AF Form 1786, Application for Appointment

to USAFA for Enlisted Members, is Jan. 31.

Commanders are encouraged to educate their qualified Airmen of this opportunity.

"The maturity and military experience of prior enlisted cadets make them ideal role models -- both during their time as cadets and as commissioned officers," said Air Force Chief of Staff Gen. T. Michael Moseley, in a recent message to senior Air Force commanders.

More information about LEAD is available at base education offices.

New personnel system start date pushed back

WASHINGTON (AFPN) – Defense officials have scaled back the initial group of civilian employees to fall under the new National Security Personnel System to 11,000 from a previously scheduled 60,000, officials announced Jan. 17.

The implementation date was also changed from Feb. 1 to April 30.

Personnel officials have been seeking feedback on proposed rules from employees, managers, human relations specialists and employee unions for several months. That feedback "led us to conclude we need more time to focus on simplifying the performance management design, getting performance objectives right and ensuring the system is simple, clear and understandable," NSPS officials said in a statement on the program's Web site.

The National Security Personnel System is intended to streamline cumbersome personnel rules and make it easier for managers to both reward stellar performance and correct sub-par performance among the Defense Department's 650,000 civil service employees.

The system also includes a means to rate leaders on management functions.

"DOD is committed to making the NSPS transition as smooth as possible for the workforce. Ensuring that we 'take the time to do this right' has always been a principle in our event-driven implementation approach," officials said on the program's Web site. "We want to make sure that our employees, supervisors and leaders fully understand this system, and they have the tools to succeed in a results-focused, performance-based environment."

NEWS BRIEFS

Blood Drive Thursday

The Wilford Hall Medical Center Blood Donor Center conducts a blood drive Thursday from 10 a.m. to 2 p.m. at the base clinic. Because of the high demand for blood in Iraq and the low number of donors during the recent holiday season, there is a particular need for O-negative, O-positive and the AB blood types.

The next blood drive is Feb. 16.

T-6 demonstration team activity

The Air Education and Training Command East and West Coast T-6A Texan II Demonstration teams conduct certification flights Monday from 1-2 p.m. for the 19th Air Force commander on the west side of the base. In case of inclement weather, the missions will take place Tuesday.

Certification by the Air Education and Training Command commander takes place Feb. 13 from 4-5 p.m. with Feb. 14 as a weather day.

During the certifications, the teams fly the aerial demonstrations they will perform at air shows during the upcoming season.

Both teams fly with vintage T-6s on the east side of the base Feb. 23-26 for Texan Flight certifications, with most air activity taking place on Feb. 25, a Saturday.

The Texan Flights feature the T-6A and vintage T-6s flying in formation at the conclusion of T-6A team demonstrations at air shows.

Pneumonia vaccination

People over 65 and those with chronic medical conditions may be eligible for pneumococcal vaccinations under their healthcare benefits program. People in these groups who have not had the vaccination in the past five years should talk with their medical provider about this procedure.

Pneumococcal pneumonia can be prevented with proper vaccinations, medical officials said.

For more information, call 292-7653.

Root canal patients sought

The MacKown Dental Clinic at Lackland Air Force Base is seeking patients in need of root canal therapy in its Endodontic Residency Program.

Applicants must be a military retiree, family member of a retiree or family member of active duty and have recently been diagnosed by a dentist with a condition requiring root canal therapy.

Eligible persons should obtain a written consult from their dentist and fax it to 292-6431 or bring it to the MacKown Clinic during normal duty hours. For details, call 292-7214.

Free theme park tickets

Officials of the Anheuser-Busch Adventure Parks announced their "Here's to the Heroes" tribute to military members is being offered again in 2006. The program offers free, one-day admission to military members and their families at the company's nine theme parks, including Sea World San Antonio. Inactive, standby and retired military members and civilian Department of Defense employees are not eligible.

People interested in the offer must register for the free tickets before traveling to the parks. To register, go to www.herosalute.com/cavatz/index.html.

Harmon Drive speed limit

Motorists are reminded the speed limit on Harmon Drive near the elementary school is 15 mph during school hours. The limit is 25 mph on other sections of the drive.

Security forces transformation: More than meets the eye

By Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON (AFPN) – As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a “refocus” on how his people train and fight.

“We’re not in the Cold War anymore. We have to alter our mentality and our practices for today’s reality,” the general said. “Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective.”

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as people who posed a threat to the base.

“Our Airmen are going ‘outside the wire’ to conduct missions and are proving successful in keeping people safe,” General Holmes said. “Not only for the folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror.”

Security forces Airmen must learn counter-insurgency techniques and in doing so, they’ll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air & space operations.

“We need to be prepared for a full-spectrum of threats against an airfield,” General Seip said. “That means taking more responsibility for defense of our mission so our sister services can concentrate on their own tasks. We need to understand how they operate, so we’re working closely with the Army to identify additional ways to train our Airmen.”

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection



Staff Sgts. Pedro Cantu (left) and Carlos Perez (right) of the 12th Security Forces Squadron demonstrate a rush technique used to cross open areas during warrior deployment training. Air Force officials recently announced a “refocus” in the security forces career field to include preparing for warfighting missions at forward locations and security at fixed installations. (Photo by Steve White)

duties, like entry control, at home stations. Plans call for more DoD civilians, greater affiliation with Guard and Reserve and better use of technology, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn’t necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training, awareness and capability to respond and participate, he said.

“Will every Airman be a cop? No. But every Airman will be a warrior,” General Holmes said. “Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We want Airmen to be comfortable with their duty

weapon and to develop their shooting skills.”

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

“Right now our folks are going out for 179-day rotations,” he said. “Our Airmen need time to reconstitute and train, so it’s important to get them in line with the rest of the Air Force. We aim to do just that.”

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

“We want to make our Airmen more proficient, and to do that, we need to adapt,” Gen. Holmes said. “We’re going to change our training, our tactics and our procedures and the Air Force will be better for it.”

COMMUNITY

They’re the Tops

Tops In Blue lands at Randolph without skipping a beat

By Armando Perez
12th Flying Training Wing Public Affairs

Tops in Blue, Air Force’s premiere entertainment group, performs at Randolph Feb. 23 at 7 p.m. in Hangar 4.

This year’s show, entitled “... And The Beat Goes On,” includes a mixture of music and energetic beats from the 1940s to today.

“Tops In Blue presents a fun-filled, action-packed performance showcasing hits with their own spin from great performers like the Platters, Gladys Knight and the Pips, Billy Joel, Gloria Estafan, The Weather Girls and much more,” said Shelta Reese, 12th Services Division marketing director.

The group also pays homage to Air Force personnel and their families for serving our nation with pride and dedication with an array of famous patriotic music, she said. Tickets are not required for the show. Seats are available on a first-come, first-served basis and doors open about 45 minutes before the show begins, she said.

Tops In Blue is one of the oldest and most widely traveled entertainment groups of its kind, composed of 35 vocalists, musicians, dancers, and technicians. Their main purpose is to perform for military personnel and their families throughout the world. However, the enormous popularity of the group has

also made them America’s goodwill ambassadors around the globe, Ms. Reese said.

This team is an all-active duty U.S. Air Force special unit made up of performers selected for their entertainment abilities. Each year, Air Force personnel stationed worldwide compete in a multilevel competition for the right to be selected as a member of the Tops In Blue.

Upon selection, the tour begins each season with a 60-day training period at the Tops In Blue home in Lackland AFB. The team’s training prepares them to succeed as world-class entertainers and distinguished Air Force Ambassadors during the 9-month tour.

The performers must not only master the instrumental, vocal, choreography, and staging requirements of the performance, but also the responsibilities of being their own technical staff. Under the guidance of five technical personnel, the performing team is responsible for setting up over 40,000 pounds of staging, lighting, audio, and special effects equipment required for each performance.

With more than 50 years of touring tradition, the Tops In Blue team visits all bases throughout the United States and more than 25 foreign countries. Their aggressive tour schedule spans more than 120 locations and also includes entertaining forward-deployed troops in various locations, such as Iraq, Qatar, Afghanistan and Kuwait.



Base observes African-American History Month

By Jennifer Valentin
Wingspread staff writer

In honor of African-American History Month, the Randolph Military Equal Opportunity office has organized a variety of events for base members to celebrate.

The month of festivities kicks off on Wednesday with a luncheon at the enlisted club and commences with a Gospel Fest on Feb. 26 at the base chapel.

“The month is a time to reflect on the African-American history, the struggles, the fight for equality and the leaders who stepped up for the cause. It is also a time to remember and celebrate their accomplishments throughout the years and their hopes for the future,” said Capt. Laura Ramos, chief of the military equal opportunity office.

This year’s events are as follows:


- Wendesday – Luncheon from 11 a.m. to 1 p.m. at the enlisted club. For more information, call Staff Sgt. LaSonja Cavness at 652-9360
- Feb. 9 – Bowling tournament at 1 p.m. at the bowling center. For more information, call Capt. Alicia Tribble-White at 652-5016, ext. 3217

- Feb. 17 – Dinner theater at 7 p.m. at the officers’ club. For more information, call Capt. Melissa Lacey at 652-4109
- Feb. 24 – Golf tournament at 12:30 p.m. at the golf course. For more information, call Staff Sgt. Latonia Brown at 652-2457
- Feb. 26 – Gospel Fest at 5 p.m. in Chapel 2. For more information, call Staff Sgt. Dana Ambrose at 652-5030, ext. 3615

Originally established as Negro History Week in 1926, by African-American author Dr. Carter G. Woodson, the observance evolved in February 1976 to Black History Month, according to the U.S. Department of State Web site.

The national theme for 2006 is “Celebrating Community: A Tribute to Black, Fraternal, Social and Civic Institutions.” However, Team Randolph’s observance committee decided to go with “Reaching out to Youth: A Strategy for Excellence” which is the Department of Defense theme.

“Celebrating the month, gives us an opportunity to take a stand for equality and positively shape ourselves, the next generation of individuals, and what the future history is going to be,” Captain Ramos said.



C E L E B R A T I N G

**AFRICAN-AMERICAN
HISTORY MONTH**

2 0 0 6

*According to West African literature, the **Sankofa Bird** teaches people to reach back and gather the best of the past so they can achieve full potential as they move forward.*

Early care keeps pearly whites gleaming

By Jennifer Valentin
Wingspread staff writer

The Randolph Dental Clinic is making several stops around base next month in observance of Children’s Dental Health Month.

During the month, members of the clinic staff teach base children good oral hygiene habits.

“All of the events are geared toward children to promote good oral health,” said Staff Sgt. Ruby Castaneda, NCO in charge of preventive dentistry.

During February, the clinic staff will visit children at the child development center, elementary school and library. They will also provide two tours of the clinic to Randolph third graders.

Good oral habits should be learned at an early age, said dental clinic officials.

“Awareness and education are

important to both children and their parents,” said Capt. (Dr.) Donnie Adkins, officer in charge of preventive dentistry. “Good oral hygiene leads to a happy cavity-free smile.”

Sergeant Castaneda said there are two simple steps people should take in order to maintain healthy teeth and gums.

“Good daily oral care habits should consist of brushing and flossing,” she said. “A soft toothbrush and light pressure should be used when brushing in order not to harm the gums.”

The toothbrush should be held horizontally angled at 45 degrees toward the gums and used in a circular motion, she said. People should brush their tongues as well, to rid the mouth of a lot of bacteria. Brushing should take only two to three minutes.

The sergeant added that parents should help their children brush their

teeth until they are about seven years old.

“They don’t have the ability to accomplish a good thorough cleaning themselves before this point,” Sergeant Castaneda said. “Also, children shouldn’t be given toothpaste with fluoride until they are old enough to spit on their own. Too much fluoride consumption can be fatal.”

Dental clinic officials said toothbrushes should be replaced about every three months, or sooner, if it’s worn out or if the person using it becomes ill.

“It’s also important to look for dental products that display the American Dental Association seal of acceptance, which means they are safe and effective,” Sergeant Castaneda said.



**Children’s Dental Health Month
Schedule of Activities**

- **Feb. 9-10** – CDC enrichment program visit
- **Feb. 16** - CDC visit at 9 a.m.
- **Feb. 21** - Library visit from 10-11 a.m.
- **Feb. 22-23** – Elementary school visit
- **Feb. 28** - Dental Clinic Tour for third graders

For details about the events, call 652-1846.

Family Advocacy offers Home Alone classes

By Jennifer Valentin
Wingspread staff writer

Children ages 10 and up who reside on base are required to take the Randolph Home Alone class before they can stay home without adult supervision.

The requirement comes from the 12th Flying Training Wing Youth Supervision Policy.

The next class, which is offered through the Randolph Family Advocacy center, is Jan. 31 at 5 p.m. at the family support center. At least one parent must attend the class with their child.

Although the training is primarily for families who live on base, it is open to all base members and their families, said program officials. The training focuses on the base’s youth supervision guidelines and teaches children specific skills they need in order to take care of themselves while alone.

Program officials emphasized children under 10 cannot be left home alone on Randolph for any period of time. Inappropriately leaving children unattended may, in certain cases, be considered child neglect, according to family advocacy officials.

Violations of the rules can result in security forces reports being forwarded to the unit commander and family advocacy for action.

Base officials suggest parents living off base use the base’s home alone policy as a guide.

“There is no magical age when children are ready to stay by themselves,” said Earl Pruitt, family advocacy outreach manager. “All we can do is give them the tools and knowledge they need to help them be as safe as possible when they and their parents decide they are ready.”

To sign up for the class or for more information, call 652-6308.

Home Alone Tips

- Make sure you know your address; telephone number; guardians’ full names; work places; and work and cell phone numbers.
- If going home to an empty house, check it out before entering. Go to a safe place to call for help if something doesn’t seem right.
- Lock the door behind you and call your guardians when you get home to let them know you’re safe.
- Never tell callers your guardians aren’t home. Instead say he or she can’t come to the phone and take a message.
- Don’t open the door or talk to anyone who comes to your home unless he or she is a trusted relative or family friend and your guardian has said it’s O.K.

Dishin' it out to take the win

Randolph's dining facility vies for Hennessy trophy

After bringing home the Air Education and Training Command title for best small dining facility recently, the Randolph Dining Facility now vies for Air Force honors as the Hennessy Award Team visits Thursday through Feb. 3. While here, the team looks at the facility's kitchen operations; serving and dining operations; training; personnel and readiness; sanitation and repair maintenance; and management effectiveness.

The dining facility has 45 employees who cater to base patrons seven days a week, 365 days a year, serving up meals for breakfast, lunch and dinner.



Patrons enjoy lunch at the dining facility. (Photo by Bob Hieronymus)



Mario Campos bakes cookies for the lunchtime menu. (Photo by Staff Sgt. Lindsey Maurice)



Sanae Rangel of the Randolph Dining Facility places fruit cups out for the lunchtime crowd. (Photo by Staff Sgt. Lindsey Maurice)



Dennis Marcis washes dishes between meals. (Photo by Staff Sgt. Lindsey Maurice)

CELEBRATING
AFRICAN-AMERICAN
HISTORY MONTH
2006

For love of the game



Former Negro Baseball League players (left to right) John Miles, Carl Long and Dennis Biddle visited the Randolph BXtra Saturday, signing autographs and sharing memories. (Photo by Staff Sgt. Lindsey Maurice)

Negro Baseball League players share tales of home runs, strikeouts

By Staff Sgt. Lindsey Maurice
Wingspread Editor

Imagine sleeping in a bus because you're not allowed in any of the hotels. Imagine eating in the kitchen of a restaurant because you're not allowed to sit with the other customers. Imagine bathing yourself and washing your clothes in a creek because you're not allowed to use the wash facilities.

This is the type of racial segregation Negro Baseball League players endured in the 1940s and '50s.

"I looked past it for the love of the game," said John Miles, former outfielder and third baseman for the Chicago American Giants, one of 24 former Negro Baseball League teams. "All I knew is I wanted to play ball."

At age 83, Miles is traveling around the country along with other former Negro League players, Carl Long and Dennis Biddle, telling stories of their past and encouraging children and young adults to get their education and follow their dreams.

"I try to build in children that education is important and to put God first in life," Long said while sitting at a table set up for the players at the Randolph BXtra Saturday. "Whatever your passion, whether it's sports or writing or art, just be the best you can be, that's all I ask."

Carl Long

Long fell in love with baseball at an early age. "I remember my friends and I taking rocks from the road and hitting them with tree limbs," he said. "I had to purposely strike out sometimes just so they wouldn't quit on me. I knew back then I wanted to be a ball player."

By age 14, Long was off playing ball after much convincing of his father.

"I spent that summer playing ball with the Nashville Stars and having the time of my life," he said.

The following year, he signed his first official contract with the Philadelphia Stars.

"I was just excited to be playing ball, let alone getting paid for it," he said. "I would've played for free."

After one season with the Philadelphia Stars, Long then signed an even bigger contract with the Birmingham Black Barons making a whopping \$200 a month with an additional \$1.50 a day for food.

"That was good money for that time," he said.

But the highlight of Long's career came during a game in 1954 in Charlotte, N.C., the first time his father got to see him play.

"I remember calling him up and telling him I'd be in Charlotte and that he should come to the game," he said. "I told him a lot of the greats would be there, even Jackie Robinson. He said 'I don't care about no Jackie Robinson, I wanna see you play!'"

"That day was great," he said. "My first time up to bat I hit a double off the center field wall. Over the roar of the crowd you could hear my daddy yell out 'Hey, that's my son...' and he did that every time I did good. Long said his dad's sense of humor really came out the next time he went up to bat and struck out. My daddy said 'That ain't my son!'"

It was an unforgettable day."

After two years in the Negro League, Long went on to play with St. Johns in Quebec, Canada. He hit 20 home runs in his rookie year. After that, he spent several years playing in the minor leagues in Montana, North Carolina, Mexico and Texas. After suffering a bad shoulder injury in 1957, he retired from baseball.

Long's career didn't end with baseball. He went on to become the first black deputy sheriff, detective and commercial bus driver in Kinston, N.C.

"God has truly blessed my life in so many ways," he said.

“Buy me some peanuts and Crackerjack ...”

John Miles

Much like Long, Miles also had a love for baseball at an early age, only his career didn't develop until after high school.

"I was big into sports in high school," he said. "I played a lot of football and basketball. I even got scholarships for both. But after I got injured playing football, my mom said I needed to find a sport that wasn't so dangerous. Baseball seemed like a good bet."

So Miles went on to play baseball recreationally as he pursued a different path after graduation – the Tuskegee Institute Aircraft Maintenance and Engineering School in Tuskegee, Ala.

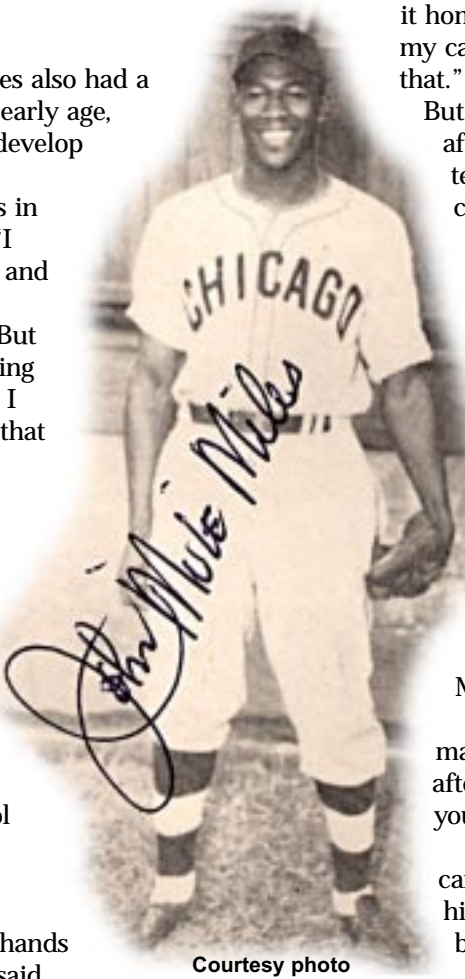
"I wanted to do something challenging where I could use my hands and learn a trade," he said. "And I didn't have to stop playing ball while doing it."

After Miles graduated from Tuskegee, he came back to his native San Antonio to work at Kelly Field. While there, he played for the Kelly Field Brown Bombers, an Air Force team. It was during a Bomber game that a scout saw him in action and signed him to the Negro League's Chicago American Giants for \$300 a month plus food money.

"Here they wanted to pay me to do something I love," he said. "You can't beat that."

Miles spent the next four summers on the road playing games seven days a week and twice on Sundays.

"It was hard at times," he said. "We traveled all over the U.S. living out of a bus. But it was worth it just to be able to play. I'd do it all over again if I could."



Courtesy photo

Miles hit 27 home runs in 1948, his second year in the league, to be among the league's top hitters. The next year he led the Chicago American Giants to the second half Negro American League title.

In 1951, Miles wrapped up his professional baseball career in the minors playing for the Laredo Apaches of the Gulf Coast League. He was the only black player on the team.

"It was difficult sometimes being the only black man," he said "I couldn't stay in the hotels they did or eat in restaurants with them, but I knew I was just as good a player as any other and I loved being on that field."

Miles remembers the game his baseball career came to an end.

"I had scored the game-winning home run that night and was heading home to give my wife all the (tips) I got from the crowd," he said. "Before I made it home I got in a really bad car accident – totaled my car and hurt myself pretty bad. I retired after that."

But Miles didn't totally shy away from the game after his accident. He went on to coach a local team while finishing out his 30-year civil service career.

"I definitely can't complain," he said. "I've had a good life."

Dennis Biddle

Following in Miles' footsteps, Biddle also took to high school sports, earning college scholarships in both basketball and football. But his true calling was baseball and despite the offers, he signed a contract with the Negro Baseball League's Chicago American Giants in 1953, becoming the league's youngest player ever at age 17.

After only two seasons pitching with the Giants, his contract was picked up by the Major League Baseball Chicago Cubs.

"Around the time I started playing ball, the majors allowed Jackie Robinson in," he said. "Soon after that they started opening it up to most of the younger players on the league, myself included."

Unfortunately for Biddle, he suffered a career-ending injury in spring training, breaking his ankle in two places while sliding into third base during a base-running drill.

Once his three-year contract was up, the Cubs opted not to resign him.

Biddle continued to find success through other venues. He went on to complete a 24-year career as a social worker and founded the Yesterday's Negro League Baseball Players Foundation.

"All of the organization's proceeds go to those who deserve it – the living players," he said.

“... I don't care if I ever get back!”

Since the days of the Negro League, America's pastime has definitely changed for the better, Biddle said. It is blind to the color of a man's skin and full of great players both black and white alike.

(Editors note: The players visit the Randolph BXtra again Feb. 10-12 from 10 a.m. to 6 p.m.)

Heart workout

Cardio room offers exercise geared toward healthy lifestyle

By Jennifer Valentin
Wingspread staff writer

When it comes to fitness, finding the time to work out can be difficult. That's where the Randolph Fitness Center cardio room comes into play.

With more than 70 pieces of equipment accessible 112 hours a week, it is a convenient place for people to work out.

Located on the second floor of the main fitness center, the room houses a variety of equipment people can use seven days a week including treadmills, cross trainers, stair-stepping machines and stationary bikes.

"It's convenient for customers because they can work out on their own time at their own pace," said Claire Behrens, fitness program manager. "It's also a great way for customers to improve their cardiovascular endurance."

For those patrons who need to be entertained while working out, the cardio room also houses six big screen televisions as well as many personal flat panel televisions on the elliptical trainers and stair stepping machines. Patrons can select from basic television channels as well as several radio stations.

"We've had some really positive feedback from customers about the personal televisions," Ms. Behrens said.

The fitness program manager also pointed out the stretching area in the left corner of the room, complete with a sit up bar so customers can practice for their annual physical training test.

"It's a nice addition to the room," she said.

According to the American Heart Association, cardiovascular disease is the number one cause of death in America. However, increasing daily physical activity can reduce people's risk of the deadly disease.

Even low-to-moderate intensity activities, such as walking or climbing stairs, when done for as little as 30 minutes a day, can have benefits, according to the AHA. Activities more vigorous, such as cycling, brisk walking or running, are best for improving the fitness of the heart and lungs.

Daily physical activity can also improve blood circulation throughout the body, helping to reduce the risk of heart disease, said AHA officials.

The fitness center is open Monday through Friday from 5 a.m. to 11 p.m., and Saturday and Sunday from 8 a.m. to 7 p.m.



Robert Hoatz takes does situps in the fitness center cardio room. (Photo by Don Lindsey)



Fitness Center Classes

Monday	
Step	6 a.m.
Cycling	6 a.m.
Step	9 a.m.
Step	11 a.m.
Cycling	11 a.m.
Kick Boxing	Noon
Super Step	4:45 p.m.
Cycling	5:15 p.m.
Yoga	5:45 p.m.
Tuesday	
Step	6 a.m.
Cycling	6 a.m.
Yoga	9 a.m.
Step	11 a.m.
Cycling	11 a.m.
Sports Conditioning	Noon
Boot Camp	3 p.m.
Pilates	4:45 p.m.
Cycling	5:15 p.m.
Kick Boxing	5:45 p.m.
Wednesday	
Step	6 a.m.
Cycling	6 a.m.
Step	9 a.m.
Step	11 a.m.
Cycling	11 a.m.
Kick Boxing	Noon
Combo	4:45 p.m.
Cycling	5:15 p.m.
Body Toning	5:45 p.m.
Thursday	
Step	6 a.m.
Cycling	6 a.m.
Step	9 a.m.
Yoga	10 a.m.
Step	11 a.m.
Cycling	11 a.m.
Sports Conditioning	Noon
Boot Camp	3 p.m.
Body Toning	4:45 p.m.
Cycling	5:15 p.m.
Kick Boxing	5:45 p.m.
Friday	
Step	6 a.m.
Cycling	6 a.m.
Step	9 a.m.
Step	11 a.m.
Cycling	11 a.m.
Yoga	4:45 p.m.
Saturday	
Kick Boxing	9 a.m.
Cycling	10 a.m.

For more information,
call the fitness center at 652-5316.

Medics edge Fire Dawgs 30-28

By Staff Sgt. Lindsey Maurice
Wingspread Editor

With seven seconds left on the clock the 12th Medical Group's Prentiss Johnson hit a teardrop two-pointer to edge the Fire Department for a 30-28 intramural basketball win Monday night.

Johnson's shot came just seconds after the fire department's Nathan Gleason threw in a three-pointer from the right of the arc to send the game down to the wire.

"After they hit that three we knew we had to make something happen," Johnson said. "Once I got the ball I figured I was either going to get fouled or hit a shot, either way I was going to the basket. Luckily I hit the shot."

After an early three-pointer by Jerry Knopf, the "Fire Dawgs" struggled in their offense game and were forced to work the perimeter due to the defensive dominance of MDG big-man Dana Venenga. The medic was quick to rebound grabbing five missed shots early in the half.

But the MDG's offense also struggled in the paint as the Fire Dawgs concentrated on a 3-1 zone defense. Johnson, Venenga, Benjamin Taylor and Brian Del Rosario were able to penetrate the defense, combining for the team's 16 first half points with four a piece.

Down by four at the half, Fire Dawgs Gleason, Pete Borela and Kent Arnold combined for eight points after a free throw to take the lead.

Venenga scored the first seven of the medical group's second half points and took back the lead.

The Fire Dawgs were unable to recover as Arnold's last shot with two seconds on the clock clanked off the rim.

Venenga was the force for MDG. He led both teams with 11 points and 12 rebounds. Taylor scored nine points.

Gleason scored eight points for the Fire Dawgs in a losing effort and Arnold finished with seven.



Medical Group's Dana Venenga jumps up for a basket as the Fire Department defense puts on the pressure. (Photo by Steve White)

Pedaling to a healthier life

Fitness center cycling class offers different approach to exercise

By Jennifer Valentin
Wingspread staff writer

Fitness center patrons can pedal their way to a healthier, more fit physique this year through the center’s weekly spin classes.

Classes are offered six times a week in the racquetball court of the fitness center annex.

“Each student who takes the cycling class is in charge of their own workout, and can achieve their fitness goals at their own pace,” said Karen Findorak, spin class instructor.

The class teaches a variety of spin fundamentals and training techniques for those just learning as well as the more advanced spinners, she said.

During the class, students learn different hand positions and core movements such as seated flat, standing flat, seated climb, standing climb and jumps.

Another important aspect students learn is proper breathing techniques.

“Breathing in through the nose and out through the mouth is a powerful way to help students achieve a deeper mind and body

connection,” said Ms. Findorak.

Heart rate training is also a part of the class. Heart rate training is recognized as the most effective way to burn calories, build strength and improve fitness overall, Ms. Findorak said.

Monitoring the heart rate allows students to gauge their effort and monitor their performance within safe ranges, avoiding overexertion and maximizing the benefits of their training effort, she added.

“As instructors, we are there to help motivate the student by targeting different heart rate zones,” Ms. Findorak said. “Each zone corresponds to a particular class and delivers specific training benefits.”

Ms. Findorak, a master sergeant assigned to the Air Force Personnel Center, has been teaching cycling for five years.

“I love to work with people in achieving their fitness goals,” she said. “My classes are carefully designed and timed to energize and challenge students. The most important thing is to be safe and have fun.”

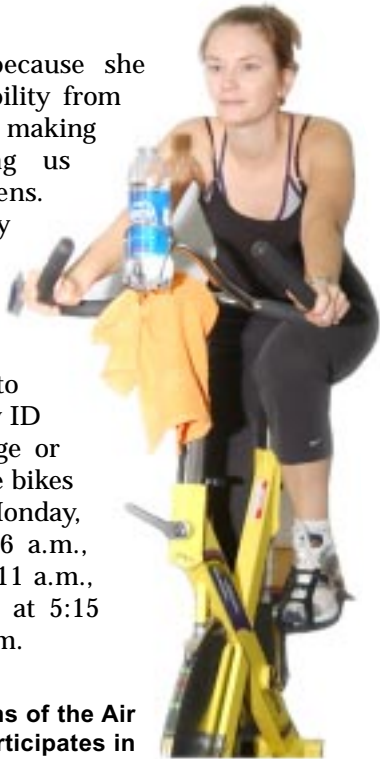
Dianna Sullens, who is also assigned to AFPC, said she attends the fitness center’s

cycling classes regularly.

“I take Karen’s class because she works with all levels of ability from beginners to very advanced, making cycling fun and keeping us motivated,” said Sullens.

“Cycling works so many different muscles, and you definitely feel like you’ve had a good workout when you’re done.”

The classes are open to anyone with a valid military ID card who is 16 years of age or older. There are 15 available bikes per class. Classes are held Monday, Wednesday and Friday at 6 a.m., Monday through Friday at 11 a.m., Monday through Thursday at 5:15 p.m., and Saturday at 10 a.m.



Staff Sgt. Rebecca Elkins of the Air Force Personnel Center participates in a fitness center cycling class Jan. 20.
(Photo by Don Lindsey)

Whatever your game, play it safe , , ,
DON'T DRINK AND DRIVE